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LEGION

APRIL 2022

VOL. 192, NO. 4

- **4** COMMANDER'S MESSAGE
- **6** FORWARD OPERATING BASE (THE FOB)
- **14** LIVING WELL
- **44** RAPID FIRE
- **54** COMRADES
- **56** PARTING SHOTS

18 Anywhere, Anytime

The National Guard makes a critical difference as hospitals, other health-care centers struggle with COVID-19 surges.

By Ken Olsen

22 Under the Cloud

A Navy veteran recalls the nation's last atmospheric nuclear test series. By J.B. Rivard

28 Start Your Engines

Chip Ganassi Racing is ready to again deliver The American Legion to fan-filled tracks and television screens worldwide in 2022.

30 Stress Test

The pandemic has exposed serious flaws in the global supply chain.

By Alan Greenblatt







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Let's support, recognize **ROTC** cadets

While most Americans today appreciate the service of our Vietnam War veterans, it is no secret that U.S. military uniforms were

about as welcome as a D-minus on most high school and college campuses of that era. Then and now, however, The American Legion has been a steadfast supporter of junior and college ROTC programs.

Resolution No. 121, passed at our 1966 national convention, affirmed the Legion's belief that ROTC has "many valuable purposes of leadership, teaching military education, creating an esprit de corps for country and instilling group discipline, and otherwise building the quality of our citizens."

Over the years, the Legion has expanded our support of ROTC to include robust awards programs, recognizing outstanding cadets, drill programs and academic achievements of those participating in this training ground for excellence. Last year, nearly 7,000 medals were presented to deserving outstanding junior and senior ROTC cadets by American Legion posts nationwide. Leading departments included Illinois, Ohio, Texas, New York and Michigan. I'd like to see even more posts participate.

The affection between veterans and ROTC cadets is mutual. On Veterans Day, cadets at Michigan's Howell High School presented letters to veterans thanking them for their service. "It's hard to put into words," said Brian Gillette, past adjutant of American Legion Post 141 in Howell. "The appreciation feels from the heart It's a beautiful thing they do."

ROTC membership is far more than a credit or a course. It's a commitment. A memorial in Evanston, Ill., lists all Northwestern University Naval ROTC alumni who made the supreme sacrifice during World War II and the Vietnam War. Listed are 25 sailors and Marines killed in the prime of their lives. If that isn't devotion to country, I don't know what is.

For posts and departments looking for ways to support their local ROTC units, go to **legion.org/rotc**, or contact the Legion's National Security Division at ns@legion.org for information about medals, certificates and awards criteria.





Veterans Strengthening America

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I was impressed by Henry Howard's article on Jesse Iwuji (February). It is always a pleasure to read about the success of fellow veterans and obstacles they overcame. He is a true asset to NASCAR and represents the ranks well.

William G. Phillips III, Ormond Beach, Fla.

A Ride to Remember

As a retired Black Army officer, I was pleased to read a relatively obscure piece of U.S. military history brought to light by Jeff Stoffer (February). Only recently has the country begun to recognize the Buffalo

Soldiers' contribution to Western history and military history in general; let us not forget the 1898 Spanish-American War.

Willie H. Breazell Sr., Colorado Springs, Colo.

I first learned about the 25th Infantry Regiment from a Filipino-American man at Hickam Air Force Base in 1964. He told me, with tears in his eyes, how hurt he was to lose his civil service job after the Pearl Harbor attack, and how proud he was as an American to join the 25th and serve in Italy during World War II. I'd be interested to read the whole story of the segregated outfits of the 25th. Fred Zirger, Tiffin, Ohio

Lessons From the Fall

THE **AMERICAN LEGION** MAGAZINE WELCOMES YOUR OPINIONS

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number for verification.

and a daytime phone

veracity of his version of history (February). Among my Cold War adventures was a six-month tour inside the All letters published are subject to editing. Due to the volume of in 1972.

The American Legion Magazine, P.O. Box 1055, Indianapolis, IN 46206 magazine@legion.org

I can attest to Alan Dowd's Soviet Union mail received, not every letter can be The

American Legion resolution calls for peace in Ukraine

The American Legion National Executive Committee passed an urgent resolution Feb. 28, as this issue of The American Legion Magazine was going to press, calling for "a peaceful conflict resolution in Ukraine," and opposing combat operations for U.S. troops unless certain conditions are fulfilled, after Russia's military invasion Feb. 24.

According to the resolution, The American Legion will not support U.S. combat operations there unless President Biden clearly explains why such operations are in "our vital national interest" and mission guidelines are established, incuding an exit strategy. The resolution also states that the Legion's support for such a mission be contingent on congressional authorization and that American forces be commanded only by U.S. officers.

"There is absolutely no justification for Russia's aggression," American Legion National Commander Paul E. Dillard said. "Our resolution calls for peace in Ukraine and, in conjunction with NATO and the Russian Federation, supports a European security architecture which considers the national security interests of all parties."

Developments on The American Legion's response to the invasion can be followed at legion.org.





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things I witnessed, confirmed by former Soviet citizens with whom I worked for almost 30 years, permit me to speak the truth about communism.

This article helps dispel the false narratives spreading in our nation as to the alleged wonders of big-government collectivism, so appealing to so many young Americans. Trust me, you don't want to live the way I saw enslaved Soviet citizens forced to live. I see no reason to take the risk of deconstructing our magnificent constitutional republic by exchanging it for a Venezuelan-style socialist nightmare.

Charles Cole, Sheridan, Wyo.

Alan Dowd only alludes to the primary source of funding for the Chinese juggernaut: the American consumer. Here we are, able to starve the beast by withholding our dollars.

Jim Lovestar, Minneapolis

High-valor awards review

I'd like to make an observation regarding the NEC resolution pertaining to the awarding of the Medal of Honor and other high-valor awards to minorities (February). Since 1941, Congress and the Department of Defense have reviewed the military's process for awarding valor medals to ensure minority veterans have been recognized equitably, and the review has worked. However, extreme caution must be used to ensure that the sanctity and purpose of these medals are not diminished solely because of some goal to reach racially equitable numbers.

Ronald D. Benedict, Sierra Vista, Ariz.

THE PLAYLIST

American Legion videos you don't want to miss.

Youth programs and responsible citizenship

April is Children & Youth Month in The American Legion. See why veterans care so much about shaping young people through programs that impart responsible citizenship.



Photo by Walter Ivie

Lincoln's Tomb:
'Beyond any words'
American Legion
National Commander
Paul E. Dillard reflects
on the Great
Emancipator during

the 88th Annual Lincoln Day Pilgrimage in Springfield, III.

Ohio State, thanks to Legacy Scholarship

Daughter of disabled veteran describes her emotions upon learning she received support, especially because the funds came from veterans.

A square deal for every child

Children & Youth Month is also a perfect time to view Episode 7 of "To Strengthen a Nation," the video series that explores the roots of The American Legion's key values.

Visit **legion.org/magazine/videos** or subscribe to The American Legion's YouTube channel to see, show and share other American Legion videos.

Can't-miss Tango Alpha Lima episodes

On April 1, The American Legion's Tango Alpha Lima podcast celebrates its second anniversary. Here are some of the top episodes so far in 2022:

Solutions to veterans suicide -

A special four-part series kicked off season 3 in January, focusing on solutions to the veterans suicide crisis. American Legion members shared several successful initiatives that are helping at-risk veterans.

Black History Month - Co-hosts Jeff Daly and Ashley Gorbulja-Maldonado opened February

with a salute to the nation's Black veterans and their contributions.

Reality show winner - American Legion member Lia Mort discussed winning CBS' "Tough As Nails" reality show.

Every Tuesday, a new episode is available for download at 9 a.m. Eastern time. More than 120 episodes are available in audio and video formats at legion.org/tangoalphalima. You can also download, listen to and subscribe at Apple Podcasts, Google Podcasts, Audible, Stitcher and all other major podcast-hosting sites.

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Whereas ...

Denial of the Purple Heart medal reflects a broader skepticism within the military over the severity of mild traumatic brain injury, often described as one of the signature wounds of recent conflicts...

Traumatic brain injury (TBI) is a real damage to the brain caused by the vibrations of a loud explosion, or a severe blow to the head causing the brain to be jarred within the skull ...

Even those with mild TBI may have physiological/psychological symptoms that may occur at time of injury, or weeks or months later ...

Physiological effects include loss of consciousness, dizziness, disorientation, confusion, headache, difficult sleeping or oversleeping ...

Psychological symptoms include sensory problems, sensitivity to light or sound, and memory or concentration problems ...

Moderate to severe TBI can be diagnosed by a medical doctor ...

Be it resolved ...

That The American Legion urge the secretary of Defense to award the Purple Heart medal to active-duty military and veterans injured in a combat zone who suffer from a traumatic brain injury that is diagnosed by a medical doctor

Passed, 102nd American Legion National Convention, Phoenix, Aug. 31-Sept. 2, 2021

0

American
Legion Board of
Veterans Appeals
claims 125 days or older by
the first week of December
2021, effectively eliminating a
backlog of some 4,800 "legacy
cases" that existed at the beginning
of the year. The Legion appeals unit
was also able to attain some \$47 million in
VA award grants for appellants.



"Coast Guard Lady" Lois Bouton with retired Master Chief Petty Officer of the Coast Guard Rick Trent Photo courtesy Rick Trent

Letter-writing 'Coast Guard Lady,' Legionnaire dies at 102

Lois Bouton, the World War II Coast Guard veteran who wrote as many as 100,000 letters to her fellow Coast Guardsmen over 50 years, died Feb. 5 at 102 in Rogers, Ark.

Bouton joined the Coast Guard Women's Reserve (SPAR) in 1943, serving as a radio operator. After the war, she moved to Illinois and returned to teaching. In 1974, Bouton began writing letters of support to Coast Guard personnel across the world, from isolated stations to lighthouses.

Retired Master Chief Petty Officer of the Coast Guard Vince Patton, a member of American Legion Post 67 in Hampton, Va., first heard from Bouton in 1986 and told the *Arkansas Democrat-Gazette*, "When you are stationed on a ship, deployed away from home, this cheery letter comes with encouraging words you couldn't help but smile."

The Coast Guard gave Bouton its Distinguished Public Service Award, and on her 100th birthday, she was named an honorary master chief petty officer.

Rick Trent, who preceded Patton as the Coast Guard's master chief petty officer and is a member of American Legion Post 10 in San Antonio, calls Bouton "a true Coast Guard treasure," adding that a permanent display has been set up at the Coast Guard Training Center in Cape May, N.J., that includes her writing desk. Trent and his wife began traveling to Rogers to visit Bouton after his retirement in 2010. "She will be sorely missed," he says, "but never forgotten."

Bouton was a 75-year member of The American Legion, most of that time with Lake County Women Post 1122 in Illinois, which she helped charter in 1947.

\$17,000 Approximate amount raised by American Legion Riders Chapter 61 in Avondale, Ariz., to help the family of a 22-year-old police officer who was shot on duty and remained hospitalized for weeks



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finely etched with the sentiment, "ALWAYS KNEEL FOR THE CROSS AND STAND FOR THE FLAG." A 24" stainless steel chain completes the look.

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100 Miles for Hope returns for biggest year yet

Lace up, start moving and track those miles: the 100 Miles for Hope challenge is back for its third year of promoting fitness and wellness, and supporting the American Legion Veterans & Children Foundation (V&CF).

"This program has had a monumental impact on improving the lives of Legionnaires and their family members," American Legion National Commander Paul E. Dillard says. "Whether you walk, cycle, ruck or - in at least one case ride a mule, the physical fitness and mental well-being benefits are vital."

Just as important are the challenge's proceeds, all of which go to help disabled veterans and military families in need. Combined, the first two 100 Miles for Hope events raised more than \$525,000. Dillard has set this year's goal at \$450,000.

"I am so proud of this year's improvements to what was already an outstanding program," he says. "I know American Legion Family members will support this any way they can, whether they are active participants, kind donors or both."

The challenge is underway now and ends Sept. 5.

- Henry Howard

SIX THINGS TO KNOW

Register Visit Emblem Sales at emblem.legion.org to sign up. For a \$30 registration fee, participants will receive a tech shirt and a certificate of achievement for download upon completion. All proceeds go to V&CF.

Track miles There are two options to track miles, regardless of your activity. Walking, cycling, rowing, running, rucking, canoeing, riding a motorcycle and many other activities all count. Visit legion.org/ 100miles to learn how.

Raise funds This year, it's even easier for participants to request support for their 100-mile journeys through donations from family members, friends and others. Go to **legion.org/100miles** for how-to instructions and a step-by-step video.

Go all the way Last year, special one-month challenges were created for departments and American Legion Riders. This year, those challenges occur throughout the entire 100 Miles challenge.

Share your story Keep us posted on your journey by sharing your progress at our Legiontown page, **legiontown.org**. On social media, use the hashtag #100MilesForHope.

Stay tuned Plans are in the works for a fun 100 Miles for Hope event at The American Legion's 103rd National Convention in Milwaukee in August.

Visit legion.org/100miles for full details



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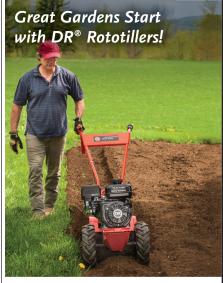
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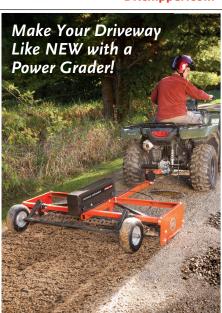
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HEALTH & FITNESS BY JENNIFER CAMPBELL

Millions relishing pickleball



In many parts of the country, spring is starting to bloom. It's a great time of year to meet a friend or family member for a hike, walk, swim, bike ride, round of golf or tennis match.

If you're looking for a new activity, give pickleball a try. Even though the sport began as a family activity in the mid-'60s, it's growing in popularity now. There is minimal equipment to buy, games can be played at outdoor or indoor tennis courts, and virtually anyone can play.

The basics Pickleball combines elements of badminton, table tennis and tennis. Two or four players use solid paddles made of wood or hightech aerospace materials to hit a ball - similar to but smaller than a wiffle ball - over a net. Pickleball shares features of other racket sports: the dimensions and layout of a badminton court, and a net and rules somewhat similar to tennis.

The rules Singles and doubles contests are similar, too. Pickleball games are usually played to either 11 or 15 points, with the winner needing to be ahead by at least two points. Serves are underhand, done crosscourt and must bounce. The receiving team returns it after one bounce, then the teams volley.

My experience I recently had the opportunity to try the game courtesy of Baddle, a pickleball sport-and-lifestyle brand that sells gear and apparel. Baddle also just released a specialedition U.S. Army pickleball paddle honoring those who serve. I got to represent my military branch and made some new friends at the same time.

It was easy to find a court through my local parks-and-recreation website. After watching some YouTube tutorials, I enlisted a friend to play. I figured it would be easy, since I play tennis and have a fair amount of experience with table tennis. But there was definitely a learning curve

with pickleball. I had some trouble figuring out how high the ball would bounce, since it is less bouncy than a tennis ball or table tennis ball.

Pickleball is great exercise, and the small court makes it easy to keep a rally. We quickly got the hang of it and struck up some conversations with other players on the courts. I definitely see the appeal. It feels more laid back than tennis and made for an enjoyable afternoon without being overly competitive.

Learn more about this popular activity at **usapickleball.org**.

Army veteran Jennifer Campbell is a certified personal trainer with a master's degree in nutrition education. She is commander of the California American Legion's 24th District.

20x44

Size of the court, measured in feet

21.3% Increase in number of Americans playing pickleball in 2020

Height of the net in inches on either side, dipping to 34 inches in the middle

Years since the first game of pickleball in Bainbridge Island, Wash.



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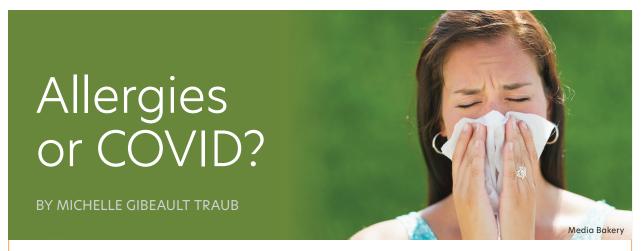
InCourage vest therapy is a drug-free way to aid in clearing excess mucus from the lungs. Ask your doctor if the InCourage system may be right for you. For a vest therapy information kit, call 833.208.5324 or visit www.respirtech.com/va.

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*Methodology: Phone surveys at regular intervals with VA patients using the InCourage system. Data collection began in 05/01/2019. As of 05/31/2021, 413 patients completed the baseline survey; 214 patients in 1-month cohort; 138 in 6-month cohort, 77 in 12-month cohort.



In this ongoing pandemic, every cough or runny nose feels like cause for concern. This is especially true if you're one of the millions of Americans affected by the uncomfortable respiratory symptoms of hay fever (allergic rhinitis). With this common allergy, a person's body is always on high alert, reacting to allergens in the air as if they were harmful.

Airborne allergens such as pollen, dust, animal dander and mold can all affect sensitive individuals. Common reactions include postnasal drip, sneezing, cough, irritated nasal passages, and itchy or watery eyes.

While most of these symptoms do affect the respiratory tract, they're not necessarily indicative of a lung infection such as COVID-19. According to the American College of Allergy, Asthma and Immunology (ACAAI), chest pain or discomfort and/or fever are two defining signs of COVID. Those symptoms do not occur with allergies, and anyone experiencing them should consult a health-care professional immediately.

For additional peace of mind, if you suffer from allergies it might be helpful to keep track of your

symptoms. You can do this on a calendar, in a notebook or in a notes app on your phone. Note when and where symptoms occur, how they present and their severity. Over time, it will become easier to recognize the cause of your discomfort. For example, if you experience a runny nose or congestion during damp weather (i.e., after rain or during high humidity), you may be sensitive to mold spores in the air. If your symptoms flare during hay fever season (spring through early fall), pollen is likely the culprit. An allergist can help you determine the cause of your symptoms and develop a treatment plan.

To reduce your risk for COVID-19, allergist Jonathan Bayuk emphasizes washing your hands frequently, avoiding touching your face and practicing social distancing. He also recommends breathing exercises to strengthen the lungs. Find these exercises and other helpful allergy tips on the ACAAI's YouTube channel at youtube.com/user/allergists.

Michelle Gibeault Traub is a dietitian and health writer based in Connecticut.



Go green

Warding off cancer, balancing blood sugar, even prolonging your life – these are among the potential benefits of drinking green tea, according to *Better Nutrition*. A study that followed more than 40,000 adults in Japan over 11 years found that those who drank five cups daily were significantly less likely to die prematurely.

Green tea is "loaded with catechins, flavones and flavonols, biochemicals that exhibit antioxidant, anti-inflammatory and anti-cancer activities," the magazine reports. It has been shown to have a positive effect on diabetes and obesity, and helps repair and strengthen the mitochondria within cells, promoting a healthy metabolism and leading to more energy.

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice.

Readers should consult their physicians when they have health problems.

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Illinois Army National Guard medic Spc. Lynnette Banvelos administers the COVID-19 vaccine to a local resident at Cook County Health's North Riverside Health Center. U.S. Army photo by Lt. Col. Brad Leighton, Illinois National Guard Public Affairs

Anywhere, anytime

National Guard makes critical difference as hospitals, other health-care centers struggle with COVID-19 surges.

BY KEN OLSEN

bout 18,400 National Guard soldiers and airmen were helping hospitals, long-term care centers, testing and vaccination centers, and conducted other relief efforts across the country at the end of January as a record number of COVID-19 infections strained the nation's health-care system. This included roughly 2,500 National Guard members deployed in Ohio, 2,000 in New York and more than 1,200 sent to help Oregon hospitals. And

Guard personnel were expected to remain on the front lines of the pandemic at least through the end of March.

The National Guard has provided COVID-19 support in all 50 states, three territories and the District of Columbia since the pandemic began. Nearly two years later, more than 6,000 Guard members were providing direct support to hospitals and other health-care facilities as governors sought help dealing with soaring

18,800+

National Guardsmen supporting COVID-19 operations

15.6 million+

Vaccines administered by National Guard personnel

*As of Feb. 14, 2022 Source: National Guard Bureau Public Affairs

and crippling
health-care staffing
shortages.
"I am grateful to the
Maine National Guard and
to health-care workers across

the state who are working day

hospitalizations

and night to save the lives of
Maine people," Gov. Janet Mills said
in announcing the deployment of
Guard members to 16 additional
hospitals and health-care centers in midJanuary. "Maine people must now also do
their part to stem this crisis. Please step up and
get vaccinated today, regardless of whether it's
your first shot or your third. Doing so may save
your life or ... a child too young to be vaccinated,
and it will certainly spare our health-care
workers and National Guard members."

Mills' activation of the Maine National Guard was crucial in helping maintain critical-care capacity in Maine's hospitals, added Department of Health and Human Services Commissioner Jeanne Lambrew. "As Maine continues to respond to the Omicron surge, these additional deployments will help hospitals care for people with COVID-19 and other illnesses by supporting our strained health-care workers," she said. "We remain grateful to our National Guard neighbors for their service."

This appreciation is being echoed across the country. "They have really been a lifesaver," said Connie Gregoire, who is part of the food and nutrition staff at Exeter Hospital in New Hampshire, where 95 National Guard soldiers and airmen were performing food service and administrative work at 13 hospitals. "They came in and started doing a lot of the stuff we just don't have the manpower to do."

American Legion National Commander Paul E. Dillard lauded the National Guard as well as

health-care workers who have been on the front lines of the pandemic for more than two years.

"This pandemic has taken a tremendous toll on our nation," Dillard said. "Without the efforts of the National Guard, COVID-19 casualties would have been much higher. As it has proven during so many other emergencies, the National Guard is a national treasure."

Historic deployment The pandemic represents the longest sustained domestic support operation in the Illinois National Guard's history, and has placed historic demands on the Guard in other states as well. More than 1,600 members of the Illinois Guard were activated March 13, 2020. They helped establish alternatecare facilities, coordinate medical supply shipments, set up and operate testing centers, track COVID-19 cases, distribute personal protective equipment, assist the Cook County medical examiner's morgue and fly 250 isolation pods from Oregon to Chicago. In addition, they administered 1.8 million doses of the COVID vaccine between January and September 2021 as part of the 220,190 duty days in pandemic support it provided last year. This was on top of overseas deployments, providing security in Washington, D.C., from January to May, and helping with wildfires and floods in California.

The Minnesota Guard pitched in at 45 testing sites, helped administer vaccinations at a dozen other locations, distributed test kits, and deployed nurses, medics and non-medical personnel to health-care facilities.

Missions have even involved families. Army Guard Col. Michael Brice and his son, Dylan – a senior airman – both served at a mass vaccination center in Manhattan's Jacob K. Javits Convention Center for several months. The New York Guard's COVID-19 work also included helping 25 nursing homes and long-term care facilities, assembling more than 20.9 million COVID test kits as of the end of January, staffing seven medical supply warehouses and supporting the New York City medical examiner.

Omicron surge As cases of the Omicron variant began to escalate, National Guard members were increasingly called upon to help hospitals.



As of Jan. 28, the New York Army National Guard had spent the equivalent of **1.45 million** man mission days responding to the In 2021, National pandemic. More than one-third of its Guard personnel force has spent the

> equivalent of **more** than 10.2 million days responding to COVID-19, civil disturbances, hurricanes, tornadoes and wildfires, as well as overseas deployments.

Sgt. Nicole Hill of the 186th Brigade Support Battalion, 86th Infantry Brigade Combat Team (Mountain), Vermont Army National Guard, uses a forklift to unload milk. Soldiers assisted state agencies in distributing fresh produce, dairy and meals to Vermonters. Army National Guard photo by Sgt. 1st Class Jason Alvarez

More than 500 Minnesota Guard members were trained as certified nursing assistants or temporary nurses' aides to help fill vacancies at long-term care centers at the direction of Gov. Tim Walz, a National Guard veteran.

The New York National Guard conducted EMT courses for more than 400 soldiers, airmen and naval militia in cooperation with the state health department in January, because understaffed nursing homes and long-term care centers could not accept patients who otherwise could have been released from hospitals and thus freed up beds for COVID-19 patients.

The Indiana National Guard started hospital support recovery support teams in September and deployed Guard members to 33 hospitals between late November and late January, including 12 Indiana University medical centers.

Some 500 Massachusetts National Guard personnel were called up in December to help the state's largest hospitals. And approximately 450 from the Kentucky National Guard were tasked with providing non-medical support to 43 hospitals to allow medical staff to focus on patient care. About 100 Washington Guard members were sent to help hospital emergency department and testing sites in January.

Maryland Air National Guard members were tasked with moving cases of an antiviral medication from a Strategic National Stockpile warehouse to pharmacies serving skilled

nursing facilities beginning in mid-January, just one part of the state's 800 citizen-soldiers and airmen supporting hospitals and other healthcare centers, distributing N95 and KN95 masks and performing other pandemic relief missions. California, meanwhile, had 169 National Guard members working in food banks, medical warehouses and the Los Angeles County Morgue. Another 343 California Guard personnel were providing clinical and administrative help to COVID-19 testing sites statewide.

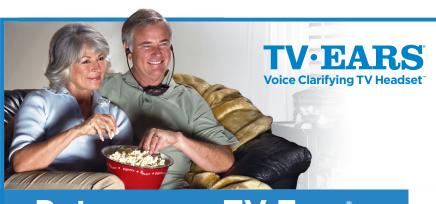
The National Guard's COVID-related work extended well beyond health care. New Mexico Gov. Michelle Lujan Grisham asked National Guard members to step in as substitute public school teachers earlier this year, according to The Associated Press. Massachusetts provided National Guard personnel to drive school buses in four cities in September.

And there's no question the Guard will continue to be a critical part of the nation's pandemic response.

"The National Guard will continue to support our communities in the fight against COVID," said Army Maj. Gen. Jill Faris, director of the Office of the Joint Surgeon General at the National Guard Bureau, "wherever and whenever we're needed." 🦃

Ken Olsen is a frequent contributor to The American Legion Magazine.





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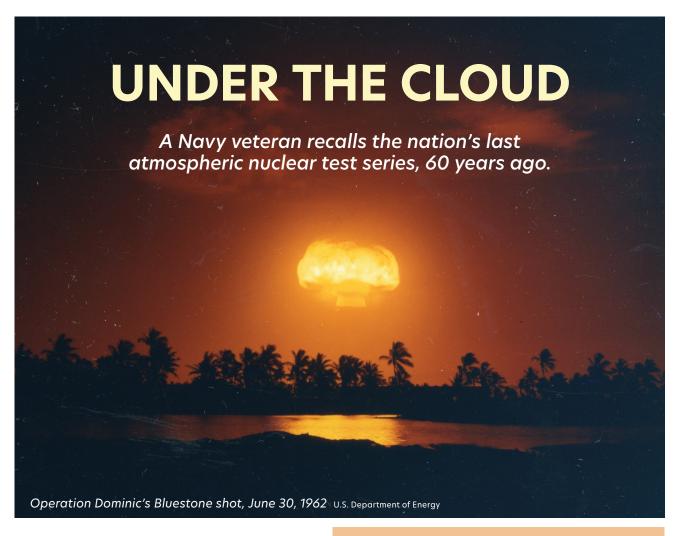
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BY J.B. RIVARD

he Air Force C-130 bumped down the runway on Kiritimati, known at the time as Christmas Island, a lonely atoll in the central Pacific Ocean. Inside. I unbelted from the side-facing seat. After four hours in a canvas sling with no arm rests, it felt good to stand up.

Sixty years ago, as a Navy veteran and young engineer on the staff of Sandia Corp., I flew from Hickam Air Force Base in Hawaii to take part in Operation Dominic. In 1961, President John F. Kennedy had ordered Dominic as a response to the Soviet Union's breaking of the previous nuclear test ban. The United States was about to test the mightiest weapons in its defensive arsenal, and I was participating as a member of the safety radar crew that would help ensure the resulting mushroom clouds and radiation releases did not endanger lives.

Nuclear tests and the Cold War

The period between the Korean War (1950-1953) and the Cuban Missile Crisis (1962) was the height of the Cold War, so named because of the absence of large-scale fighting between the United States and its adversary, the Soviet Union.

In late 1958, the United States, Great Britain and the Soviet Union tacitly agreed to a moratorium on nuclear testing. In 1961, newly inaugurated President John F. Kennedy wished to extend the moratorium, but the Soviet Union rejected atmospheric test ban proposals. On Aug. 30 that year, the Soviets announced a resumption of nuclear testing, which commenced two days later. Kennedy responded by authorizing Operation Dominic, the largest nuclear testing program conducted by the United States and the last series conducted in the atmosphere.

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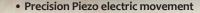
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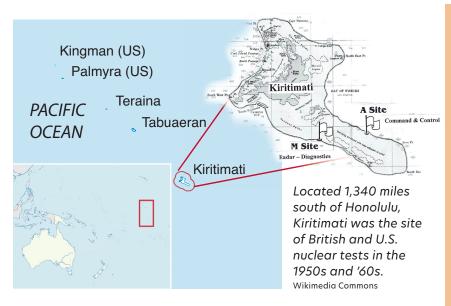






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The island Our crew leader greeted me on the airstrip. "Welcome to Christmas Island," he said with a grin. "We're here early to prepare."

Kiritimati is the largest coral atoll in the world, but it is only 32 miles long. It is bare sand with low scrub and numerous interior tidal pools. Residents included a small contingent of British, as well as Gilbert Islanders producing raw copra (dried kernels) from the island's coconut palms. Those who chose to leave during Dominic were evacuated on a Navy ship.

The Army and a major contractor to the Department of Defense were scrambling to ready the island for the influx of thousands of Joint Task Force 8 (JTF-8) participants from military, government and scientific labs. Vans and trailers housing complex apparatus for gathering data on each test arrived daily, some by air but most by sea.

Some buildings at Main Camp - the British headquarters for their 1957-1958 nuclear testing program - were habitable. Others were not. New structures were built to house arriving U.S. participants and to provide JTF headquarters, chapels, a fire station, a post office and a mess hall. A barber shop, gas station and medical facility were also constructed.

Site M on the island's southwestern shore was nearest the planned detonations. This is where diagnostic trailers and the safety radar to which I was assigned were situated. Trailers from the nation's scientific labs were located at Site A, about seven miles east of Site M. Personnel working these trailers were housed in tents. Nearby, a mess hall, gas station and shower facility were constructed.

Potable water for Main Camp and Site A was supplied by plants that distilled seawater into fresh water.

Air drops About a month after my arrival, a B-52 with a nuclear device in a retarded weapon casing took off from Naval Air Station Barbers Point in Hawaii. The device, code-named Adobe, was scheduled to be dropped from 45,000 feet onto a Navy target barge anchored south of the island.



'Loudest sounds I have ever heard'

Nearly everyone participating in the Dominic tests were issued film dosimeters. Post-test evaluation showed that almost all radiation doses were very small.

Some participants were issued dark goggles to prevent eye damage. Others were instructed to face away or cover their eyes with their hands.

I covered my eyes with my hands during the detonation. Nevertheless, the brightness was intense enough to outline the bones in my hands, as if in an X-ray.

The blast wave felt like an extremely forceful wind trying to topple me. As instructed, we hunkered close to the around to minimize its effect. The sound wave closely followed the blast wave. Personnel were instructed to place their fingers in their ear canals prior to its arrival. Despite the suppression afforded by my fingers, these explosions remain the loudest sounds I have ever heard.

- J.B. Rivard

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Upon release from the aircraft flying at 450 knots on a course of 120 degrees, drogue parachutes would deploy from the casing, slowing its descent. This allowed time for the B-52 to escape. The device would detonate by barometric signal in the air south of the island at the predetermined time of 5 a.m. Wednesday, April 25, 1962.

On the ground, the public address system crackled with a man's voice: "This is Mahatma. Today's test will take place at 0500. The time is ... and counting."

This was the first test of Operation Dominic.

Navy ships converged to the target area. Security was achieved by excluding air and sea intruders while diagnostic aircraft - including modified C-130 aircraft loaded with high-speed cameras and other instruments - took off. Exact positioning of camera aircraft was critical because film usually began rolling prior to detonation. Regarding timing, one Air Force report stated, "To achieve the desired position and timing, it is necessary for the B-52 aircraft to release the test vehicle on the designated target within plus-or-minus 10 seconds of [the] predetermined release time."

This extreme precision was achieved by flying the B-52 on multiple passes of what is called a "racetrack" - two straight legs (five minutes each, about 43 miles) connected by constant radius turns of 180 degrees, consuming three minutes each. This yielded a duration of 16 minutes for each completed circuit.

During each preparatory circuit, the pilot was aided by calculations performed independently by the B-52's co-pilot and navigator. Drift caused by wind, speed and altitude deviations, as well as errors induced by lag in banking in and out of turns, were compensated by small changes in a "time to turn" command. During the final "live" run, the pilot was to fly the final straight leg for about four minutes, release the device and complete the aircraft's escape.

Tracking When the B-52 entered the target area, our safety radar began tracking it. Transponders on board both plane and device assisted. Range and position data generated were transformed and transmitted to my plotter. Paper affixed to the plotter contained an accurately scaled map of the pre-planned "racetrack" and the target. As the

Other Dominic tests

Twenty-four air-drop tests were performed at Kiritimati in 1962, with 12 nuclear tests taking place elsewhere, including a Polaris missile fired from a nuclear submarine that air-burst 500 miles from Kiritimati. An underwater charge exploded near a U.S. submarine 425 miles off San Diego.

Five air-drop tests were conducted near Johnston Island, as were the following rocket-borne tests:

- Starfish Prime, July 9, 400 km altitude
- Checkmate, Oct. 20, 147 km altitude
- Bluegill 3 Prime, Oct. 26, 49 km altitude
- Kingfish, Nov. 1, 98 km altitude
- Tightrope, Nov. 4, 21 km altitude



Starfish Prime aurora from Honolulu **Nuclear Weapons Archive**

operation unfolded, the plotter drew a line representing the position of the B-52 (and after release, the device). Significant deviation, including altitude error, was cause for reporting to Alfred D. Starbird, commanding general of JTF-8, using our "red" phone.

Mahatma's final countdown began: "Minus 15 seconds, minus 10 seconds, minus 5, 4, 3, 2, 1"

At an altitude of 2,600 feet above sea level, the device detonated. Seconds later, the shock wave rocked our trailer, signaling that the first test of Operation Dominic had been successfully performed.

Over the next three months, 23 more devices were detonated, including hydrogen bombs. Other tests were run at Johnston Island, about 860 miles southwest of Hawaii. By the end of 1962, the final mushroom clouds of Operation Dominic had risen high into the sky - the last that would appear for 60 years and counting. 🦃

J.B. Rivard, a member of American Legion Post 27 in Apache Junction, Ariz., is a fiction and non-fiction author. His "Low on Gas-High on Sky" is the true story of the now-forgotten 6,200-mile, non-stop flight by Nick Mamer in 1929.

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START YOUR ENGINES FOR AMERICAN LEGION RACING 2022

oming off a championship in last year's NTT INDYCAR SERIES, Chip Ganassi Racing is ready to again deliver The American Legion at fan-filled tracks and on television screens worldwide in 2022.

The lineup of star drivers - NASCAR legend Jimmie Johnson, the only racecar driver ever to be named AP's Male Athlete of the Year. 2013 Indy 500 champion Tony Kanaan and 2021 series champ Alex Palou - will be back in action, promoting the Legion and driving awareness about the need to reduce the veteran suicide rate.

"It's an honor to represent this organization," team owner Ganassi said onstage at the 102nd American Legion National Convention in Phoenix. "It amazes me week after week ... the local (Legion Family members) coming up and thanking me for ... what we're trying to do for The American Legion. And all I can think of when you're thanking me is, 'I want to thank you.' I want to thank you for your service and everything you've done for this country over the years, and for what we hope to do for this country in the future."



2022 INDYCAR SERIES schedule

APRIL

10 Streets of Long Beach, Long Beach, Calif., NBC

MAY

1 Barber Motorsports Park, Birmingham, Ala., NBC

14 Indianapolis Motor Speedway (Road Course), NBC 29 106th Indianapolis 500, NBC

5 Raceway at Belle Isle Park, Detroit, USA

12 Road America, Elkhart Lake, Wis., NBC

JULY

3 Mid-Ohio Sports Car Course, Lexington, Ohio, NBC 17 Streets of Toronto, Peacock

JIMMIE JOHNSON

"I'm very excited for year No. 2 Second time around at a track, to know the nuances of the track, to have notes to work off of, to have video to work off of those things really make a big difference."

Jimmie Johnson, on his return to INDYCAR racing in 2022, behind the wheel of the American Legion-sponsored 48 car. The NASCAR legend steadily improved as his INDYCAR rookie 2021 season unfolded on road courses, for Chip Ganassi Racing. In December, Johnson announced plans to run in all 17 NTT INDYCAR SERIES races in 2022, including the big ovals - like the 106th Indianapolis 500 on May 29.



LEGION.OR

ALEX PALOU

"It's been awesome to represent The American Legion as a group ... some really important and amazing people as guests at the races. It's been an amazing experience for me. I love representing The American Legion."

> 2021 NTT INDYCAR SERIES champion Alex Palou, who raced the No. 10 four times during his title run with The American Legion as primary sponsor

TONY KANAAN

"Getting to know more about what you guys do ... it's an honor. I can't tell you how emotional it was for me to race that car in the 500."

Tony Kanaan, longtime INDYCAR driver and former Indianapolis 500 champion, who drove the 48 on ovals in 2021 and will be back in an American Legion-sponsored car for the Indianapolis 500 in May.



Schedule subject to change.

23 Iowa Speedway Race 1, Newton, Iowa, NBC

24 Iowa Speedway Race 2, NBC

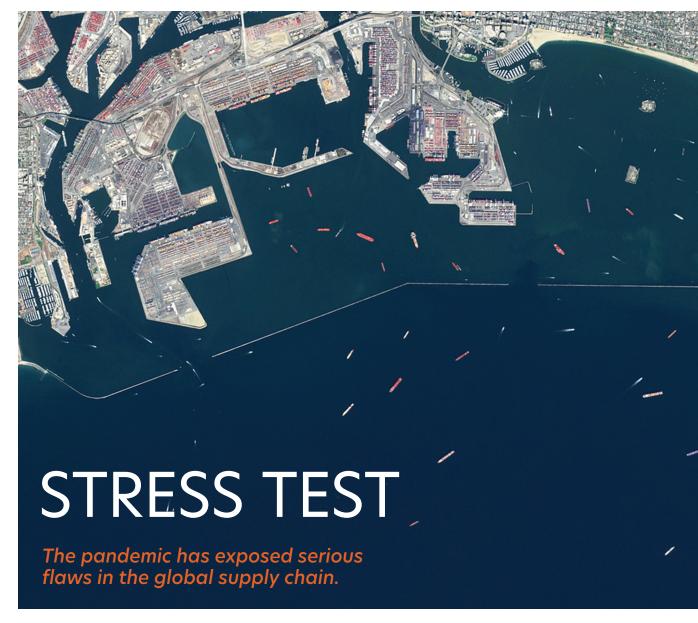
30 Indianapolis Motor Speedway (Road Course), NBC

AUGUST

7 Streets of Nashville, NBC 20 World Wide Technology Raceway, St. Louis, USA

SEPTEMBER

4 Portland International Raceway, NBC 11 WeatherTech Raceway Laguna Seca, Monterey, Calif., **NBC**

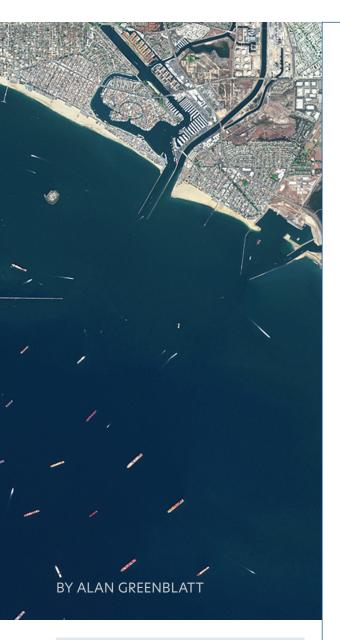


f you've had trouble finding a pair of nylon stockings, blame the weather in Texas. The 2021 winter storm that shut down the state brought polymer production – already strained by the COVID-19 pandemic – essentially to a halt. The result has been a persisting backlog of the resins used in countless products, from stockings to plastic straws to heart valves.

Throughout the pandemic, there's been no shortage of shortages. Stores were emptied of toilet paper back in 2020, while it was nearly impossible at the height of last winter's Omicron spike to find at-home test kits. Remember those pictures of nurses wrapping themselves in plastic bags for want of personal protective equipment?

Supply constraints, however, have by no means been limited to pandemic-related necessities. At times, it's been tough to rent or buy a car. Lumber has been in such short supply that the price-perboard-foot at one point quadrupled. Grocers struggle to keep preferred brands in stock, space heaters run short in the winter, and that couch you bought is probably still on back order. Last fall, at least one Florida Burger King ran out of potatoes and took French fries off the menu. When cream cheese supplies ran short, journalist J. Oliver Conroy quipped on Twitter, "Is there not some sort of strategic cream cheese reserve?"

He might have been kidding, but Canadian maple syrup producers announced last fall they



24,000 Shipping containers carried on the largest cargo ships

40% Share of seaborne imports that enters through the ports of Los Angeles and Long Beach, Calif.

50.5 million Shipping containers handled by the nine largest U.S. ports in 2021, a record

ABOVE: Last fall, a record number of ships were anchored off Southern California, waiting to unload cargo. Getty

The inflation surge

Last year, average wages rose by more than 4%. It was the biggest pay hike U.S. workers had seen since 2008. But it still wasn't enough to keep up with inflation, which went up by 7% - the biggest increase in nearly 40 years.

Despite all this, most economists aren't terribly worried. They believe rising prices were a desired feature for an economy lifting itself out of a pandemic-induced slump. For the most part, they are reasonably confident that inflation will slow soon enough. "I do think inflation is peaking," says Mark Zandi, chief economist at Moody's Analytics, a financial research firm.

What makes him so sure? For one thing, not all prices are rising. Some items, such as meat, cost a lot more than they did a year ago, but not everything does. Almost a quarter of the entire rise in inflation has been due to new and used car prices alone. The inflation measure known as core personal consumption goods - the stuff most people need to buy, excluding volatile food and energy costs - hasn't gone up as dramatically.

Meanwhile, inflationary pressures from government spending are starting to ease. Democrats in Congress have not been able to get their priority spending bill through, which could have contributed to inflation. Instead, the trillions already devoted to extra pandemic spending are starting to taper off. And the Federal Reserve has started increasing interest rates and pulling away other props it used to boost the pandemic economy.

"Inflation is really about the supply-chain bottlenecks," says Elise Gould, senior economist at the Economic Policy Institute, a labor-backed think tank. "That's where the issue is, and we'll eventually be back to pre-pandemic inflation issues."

She may be right, but it's unlikely inflation will rapidly return to the levels of 2% or below enjoyed during most of the past decade. Zandi predicts it will be back down below 4% by this time next year, but concedes there are potential roadblocks along the way. Increased costs for businesses in terms of wages, materials and products can't all be passed on to consumers, but some will be.

"Passing on costs to consumers would be too much for the Fed to ignore," Zandi says. "They'd step on the brakes, because in the long run the economic costs would be greater. That's kind of what happens at the end of business cycles, and you end up in recession."



were releasing 50 million pounds from their emergency stockpile to make up for a shortfall. "Supply constraints, logistic chokepoints, lack of workers and widespread commodity shortages are all hitting the system at the same time, and that has made for very uncertain supply chains," says Tom Derry, CEO of the Institute for Supply Management, an industry trade group. "We're used to dealing with any of these issues, but it's unprecedented that we're dealing with all these issues at the same time."

Chain strain It's quick and easy to click a couple of buttons on your phone and have your purchases show up at your door the next day. Getting you those items, however, requires an enormous effort, generally international in scope. It's a system that doesn't allow much room for error. The pandemic turned out to be a stress test for worldwide networks of supplies and logistics they could not pass.

Some shortages have been temporary, with ports clearing up backlogs and production rising to meet demand. But the supply chain - the global system for getting materials to producers and their products to markets remains a dominant concern for the broader economy. "When we looked at inflation numbers for 2021, we estimated that the supply-chain constraints probably added about 2 points of the 7% increase," says Dan White of Moody's Analytics, an economic research firm. "They're not the whole inflation story, but they're certainly a big part of it."

The strain on the supply chain came just as demand was shooting up. Rather than spending money on services such as hotels and restaurants, people were spending more on goods, whether jigsaw puzzles or new bathroom fixtures. More Americans were trapped at home and more of them had extra cash. The pandemic dealt bad blows to a lot of people and shut down

2 billion "Out of stock" messages for online shoppers in October

50% Increase in the price of a used car since June 2020

17.5% Jump in construction costs from 2020 to 2021. the largest spike year over year since 1970

\$79 Increase in shoppers' monthly grocery bills in 2022, according to a KPMG consumer survey

10.7% Surge in electricity prices from a year ago

\$1,172 Price per thousand board feet of lumber at the end of 2021



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40.3% China's share of U.S. imports

85% China's share of rare-earth mineral refining

29% China's share of global manufacturing

70% Share of U.S. footwear made in China

Workers make shoes at a factory in Putian, in southeast China's Fujian province. Getty

perhaps a third of the nation's small businesses, but millions of people benefited from rising home and stock prices at one end of the income spectrum and enhanced unemployment benefits at the other. Total personal savings, which had stayed flat below \$1 trillion for most of the past four decades, shot up close to \$5 trillion in early 2021. It was time to buy.

Getting goods, however, has been frustratingly difficult at times. In part, that's because retailers and manufacturers couldn't always anticipate what consumers would want. They have lots of data on past spending patterns, but they can't always anticipate what items people will start panic buying. Stores run out of milk and bread whenever there's snow in the forecast. It turned out they could run out of practically anything when there was suddenly a forced mass experiment in remote work.

"We have seen disruptions to supply across various areas of our stores as the broader supply chain continues to navigate COVID-related challenges such as labor availability and higher than typical demand," says Rachel Steele, vice president of supply chain for Schnucks, a grocery chain based in St. Louis.

Even demand for the same old items could cause problems under changed circumstances. The steaks you buy for your freezer, for instance, are generally cut and processed differently than those sent to restaurants. Or consider toilet paper. Commercial and residential toilet paper are completely different products. What you buy for your house are small rolls of two-ply made from virgin paper. The stuff at the office is single-ply and recycled, and comes in large rolls. Manufacturers could pull off the switch, but they needed to predict where the demand might be two to six months out. That's proven to be a formidable task throughout the pandemic.

Toilet paper and steaks are simple products. It's a lot more complicated with things like electronics. "It's a \$10 billion decision to build a new semiconductor factory," Derry says. "It's important they judge demand properly."

Costs and chokepoints With the economy recovering and normalizing and the pain points pretty well identified, most economists expect supply constraints to be less of a problem by the end of the year than they are now. But a problem that took years to create won't be solved suddenly. What makes it so difficult to address is that the supply chain is enormous - truly global in nature - with any number of moving parts.

Tons of things aren't made in the U.S.A. anymore - but they aren't just "made in China," either. China is the world's leading manufacturing nation, but a given product might have dozens of home countries. Apple iPhones, for example, are assembled in China, but they're made up of hundreds of components coming from more than 40 other countries. A car shipped from Michigan might cross the Arizona-Mexico border more than a dozen times as different parts are put in.

Even something as simple as fish might move thousands of miles. Cod caught off the coast of Scotland is sent to China to be filleted before being sent all the way back to Scotland, or wherever, to be eaten. "We do the same thing with canned tuna," says Glenn Richey, research director of the Center for Supply Chain Innovation at Auburn University. "It's caught in Asia, then brought to Mexico to be processed, then sent up to the U.S."

If it sounds crazy to transport fish for thousands of miles when it might be eaten the next town over, why are things done that way? The answer is simple: cost. The combination of cheap labor and foreign government subsidies have made it far more attractive to assemble things piecemeal all over the world, rather than anywhere close to where they might actually be sold.

Even something as low-tech - and as heavy - as a gravestone might get shipped halfway around the world. Shipping - in normal times - accounts for only a fraction of the total cost of consumer products. Ninety percent of the world's goods move by ship. Most of that is bulk cargo such as oil and coal, but a large percentage is made up of toys and razors and cat litter and cod and all the other goods we buy, filling up containers transported by the thousands on enormous ships manned by crews of only about 30. Automation and the sheer bulk of contemporary cargo ships - picture ships as long as the Empire State Building is tall - has made per-item shipping costs essentially negligible.

"It costs about \$2 to ship a TV from China to the United States, port to port," writes Christopher Mims in "Arriving Today," his book about the global supply chain.

So it's made a lot of sense, from a cost standpoint, to have parts and goods crisscrossing the globe. But the

A worker's market

This is a great time to be a trucker, if you want to be. Nearly three-quarters of U.S. freight moves by truck - everything from the gas you pump to the turkey you pick up at the deli. The demand is certainly there, but trucking companies can't find the licensed drivers they need.

The nation is 80,000 truck drivers short, according to the American Trucking Associations. "By 2035, we're going to need another half-million drivers – and that's assuming fast adoption of autonomous vehicles," says Glenn Richey, a business professor at Auburn University. "I don't see this plateauing."

At a time when the supply chain is under stress and home delivery of goods is booming, it's not surprising truckers are in demand. But not everyone wants the job. Plenty of people have licenses, but at best it's a tough job that often requires being on the road and away from family for days at a time.

Workers in lots of other fields have headed for the door during the so-called Great Resignation. The total labor force is down more than 2 million from prepandemic levels, according to Fitch Ratings, despite the working-age population having grown by 2 million over the past two years.

The Bureau of Labor Statistics projects that a half-million nurses will quit by the end of the year, compounding an already acute shortage in health care. During the Omicron spike last winter, schools were so short of teachers that at least one state sent National Guard personnel to fill in. "Typically, pre-pandemic, we would have between 250 and 280 substitutes come in for us," says David Law, superintendent of the Anoka-Hennepin School District in Minnesota. "We're lucky to get 100 substitutes right now."

About a million Americans have retired early. Others aren't working because they've struggled to find child care. The Brookings Institution estimates that 1.6 million people are out of work due to the lingering symptoms known as "long COVID," which would represent 15% of the nation's unfilled jobs.

Companies are desperate to find workers. They can't always find qualified help, but there are enough workers around with the right skill sets to demand higher pay in any number of fields. "Wages have been rising, especially in some of the lower-paid jobs that were hit hard by the pandemic," such as hotels and restaurants, says Benjamin Page, an economist at the Urban Institute. "In general, it's a positive when workers have more bargaining power. The worry is if that persists for too long, it can get built into inflation."

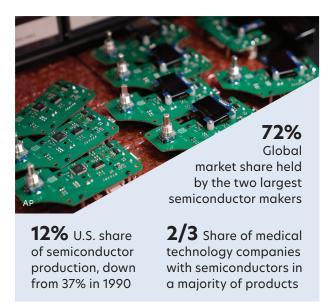
pandemic revealed the weakness of the system. For one thing, it's really not a system at all. That cheap TV has to be handled by lots of different companies, playing by lots of different rules internationally, before it can reach its final living room. Things can break down anywhere along the way, or at least get badly delayed.

Although goods travel internationally, there are a few chokepoints that can create enormous problems. It's kind of like blood flow. The heart may be pumping blood, but a clogged artery anywhere can cause massive damage. The ship that got stuck in the Suez Canal for six days last year held up \$60 billion worth of goods. The ports of Los Angeles and Long Beach, Calif., account for 40% of the sea freight entering the United States. Backups there have caused shipments to be delayed for a month or more at a time.

Shipping delays aren't the only problem. China's zero-COVID policy means it has shut down plants for a week or more at a time when a single worker gets sick. And Texas isn't the only place where extreme weather has caused problems. Severe drought in Taiwan led to a slowdown in semiconductor production, which requires vast amounts of water. Taiwanese firms supply 92% of the world's leading-edge semiconductor production, with just two manufacturers, Taiwan Semiconductor Manufacturing Company and Samsung, holding 72% of microchip market share.

Semiconductors have been a key constraint on the global economy. Your average car might need 100 of them. When the pandemic struck, some car makers canceled their orders. With more people staying home, the chips were happily gobbled up by companies making laptops, along with others making refrigerators and dishwashers and all the other suddenly smart devices that demand them. Car companies found themselves at the back of the line. That left them stuck with tens or hundreds of thousands of vehicles that had their frames and seats and steering wheels all set but were stranded for lack of chips.

It's not just sophisticated products that have been delayed. The shortage of resins due to the Texas winter meant packaging companies have



lacked the material necessary for things like plastic bottles. People going to the grocery store might have been able to buy only small bottles of barbecue sauce or Gatorade because the more profitable small sizes were all the packaging companies were willing or able to supply.

"Some of the biggest item shortages we have faced over the past year are in juice boxes, sports drinks and frozen, packaged meat items," Steele says.

Regionalization All this has left consumers cranky, and supply-chain constraints still rank among the top concerns of CEOs, according to a recent survey by the Conference Board. The problems have been big enough to have policymakers and corporations alike looking for a reset. There's been a lot of talk about reshoring bringing manufacturing back home to the United States. For the most part, that's not going to happen any time soon. It's simply too costly to compete on labor or to build up a fully domestic supply chain.

"There are 200 million factory workers around the world looking for a job, so you're always going to have a low-cost market," says Jack Buffington, a marketing professor and supply chain expert at the University of Denver. "As long as we focus on the price, the whole reshoring thing isn't going to happen."

Still, companies have learned hard lessons about the dangers of relying on shaky single sources for their parts and products. There's a

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15.1 billion Tons carried by U.S. trucking industry in 2021

80,000 Truckers needed to end shortage

72% U.S. freight transport moved by truck

Truckers wait hours in line at the Port of Los Angeles in San Pedro, Calif. Getty

considerable amount of demand to have alternative sources available, if only as backups. Already, companies have shifted a good deal of production out of China and into other Asian countries, such as Vietnam and Malaysia. North American companies might have more things made in Mexico and South America, Derry says, while western Europeans will look more to eastern Europe. "Whereas the last 30 years can be described as one global supply chain rooted in China, in the future we're going to see the regionalization of more supply chains," he says.

Not only will more products be made closer, but certain categories might return all the way home. The shortages of personal protective equipment have made it clear how much medicine relies on China. Eighty percent of all active pharmaceutical ingredients come from China, with only about half of the 120 most vital drugs that are registered with the FDA having any domestic production at all.

There's a broader recognition that too much is riding there. If the Chinese government wanted to, it could cut the Pentagon off from getting the materials and parts needed, for instance, to build missiles and fighter jets. China accounts for more than half the world's mining of rare-earth elements and more than 80% of the refining and finishing. These are used to make countless products in areas such as electronics, aerospace and medicine.

Last year, the Defense Department made a \$30 million investment in Lynas Rare Earths, the

largest mining and processing company outside China, to boost production at a facility in Texas. The White House has called for making more investments in other key areas, including pharmaceuticals, large-capacity batteries and semiconductors. The Biden administration has proposed a \$52 billion subsidy for U.S. semiconductor manufacturing plants. Americans generally don't like industrial policy, and many big-government bets haven't paid off, but industry groups are lobbying hard for Congress to help out, if not match the enormous production subsidies doled out by China and other countries.

Subsidies already happen at the state and local level all the time. In January, chipmaker Intel announced it was investing \$20 billion to build two fabrication plants in Ohio. It turned out the deal was sweetened with more than \$2 billion in state and local subsidies.

There may never be that kind of investment in toilet paper or textiles, but it's possible that companies will want to bring more high-end manufacturing back home, and the government will have an interest in encouraging them - at least when it comes to the things we truly can't live without.

"I think government intervention is a last support," says Richey, "but there are instances where citizens may be in danger, and that's where government can really provide support." 🦃

Alan Greenblatt is a senior staff writer with Governing.

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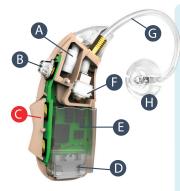
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'Not enough paper to go around'



In mid-October, Simon Preisler got word that 100 containers of paper products his company had shipped from Europe to Savannah, Ga., were instead being dropped off in Jacksonville, Fla. – 140 miles from the intended destination. And he needed to make arrangements to pick them up. Suddenly, the cost of delivering his company's products to customers in Georgia was far higher – and more complicated than anticipated.

"It comes with a whole host of complexities," says Preisler, vice president of logistics at Central National Gottesman, one of the world's largest paper, packaging and wood-product suppliers. "What used to be accomplished with one email to the warehouse and trucking company - 'please go and pick up a container' - will take 10 to 15 different emails and calls because nothing is working the way it's supposed to. Everything takes 10 times longer."

That's just one of the issues logistics experts like Preisler face amid the global supply-chain crisis. For example, the cost of bringing some items from China to New York has gone from \$2,000 to \$20,000 in just three years. Trucking prices have also increased dramatically, and storage costs are about 50% higher. "If we absorbed that, we would go out of business," Preisler says. "We have to pass that on. We don't have a choice."

Meanwhile, paper, like so many basic items, is scarce. And strong demand has taken people in the industry by surprise. Consider coated paper, which is used to print magazines, catalogs and direct-mail advertising products. Manufacturers have been reducing production capacity for the past 14 years because of declining demand, says Greg Hull, account executive for Lindenmeyr Central, *The*

American Legion Magazine's paper broker, North America's largest paper supplier and a subsidiary of Central National Gottesman. Then the world started recovering from the COVID-19 pandemic and now "there's not enough paper to go around," Hull says. "We spend our days trying to find paper – and trying to deliver it. To say it's challenging is an understatement. It's brutal."

Meanwhile, printers are missing deadlines, and magazines, catalogs and other products aren't arriving in people's mailboxes on time. And Hull has no time to even call on new customers.

Simply increasing paper production won't fix the problem because so many aspects of the global supply chain are broken. And both Hull and Preisler think it will take years to address the issues the pandemic brought to the fore, including long-overdue investments in ports, railroads, trucking, highways and warehouses. The current federal infrastructure package will not be enough to address all the issues, and it won't be easy to persuade politicians to allocate enough money for these sorts of expensive projects.

"There's hardly anything less sexy to a politician than making huge capital investments that won't benefit anybody for five or 10 years," Preisler says. "They need instant satisfaction they can sell to voters."

Meanwhile, Hull worries about the long-term damage the supply-chain crisis is inflicting on the paper industry. "My fear is it's going to impact demand even more," Hull says. "Will this scare buyers of print products away to digital because they think it's more reliable?"

- Ken Olsen

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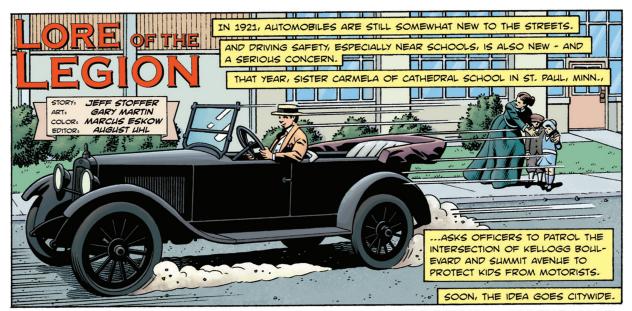
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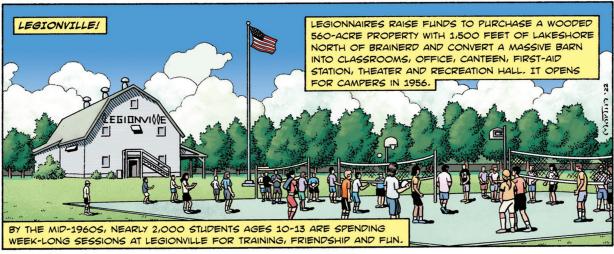
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IN 1936, THE AMERICAN LEGION AND THE MINNESOTA HIGHWAY PATROL EXPAND THE PROGRAM WITH A TRAINING CAMP FOR YOUTH CROSSING GUARDS AT THE CROW WING COUNTY FAIRGROUNDS IN BRAINERD. THE SAFETY PATROL TRAINING PROGRAM GROWS IN POPULARITY, MOVES TO CAMP RIPLEY FOR TWO YEARS, AND A NEW HOME IS SOON NEEDED.







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Sons of The American Legion Squadron 294 raised \$46,000 to support homeless veterans. Photo courtesy Veterans Outreach of Wisconsin

Sleepout, for a good cause

For years, members of Sons of The American Legion Squadron 294 in Hartland, Wis., talked about staging an event to raise awareness about veteran homelessness. Finally, in 2020, "we took the bull by the horns and said, 'We're going to make it happen,'" says Mark Pape, commander of Squadron 294.

At the first "Sleepout for Veterans" that year, members of Post 294's American Legion Family slept outside the post building in tents and cardboard boxes. A second sleepout followed in 2021, and another this past February, when some 30 volunteers slept outside for two nights in single-digit temperatures.

"Anybody can sleep out in May or June," Pape says. "The idea came up that we'd sleep out in February in cardboard boxes, small tents and small shelters to simulate what the homeless ... deal with every day, especially in the wintertime."

"Sleepout for Veterans" splits funds raised between the Milwaukee Homeless Veterans Initiative (MHVI) and Veterans Outreach of Wisconsin (VOW). MHVI offers six programs to assist veterans, including a food pantry, furniture and household necessities, a Women Veterans Initiative and case management.

Based in Racine, VOW has a village of 15 tiny homes, a food market and trauma-informed programming. Its Milwaukee expansion will include 42 tiny homes and a community center.

Squadron 294's goal for the first "Sleepout for Veterans" was \$5,000, but the event brought in \$20,000. "The community just came out and supported us," Pape says. "We did clothing drives and food drives, and besides the \$20,000 ... we filled box vans full of food and clothing that we sent to each of these organizations."

This year's "Sleepout" raised \$46,000, with another \$5,000 to be collected. That doesn't include clothing and food donated.

Taking the event outside has made a difference, Pape says. So has his support team, which starts planning the event in October.

"It's not me or any one person in our organization. It is an 'us' mentality. We were just looking to bring real awareness to the homeless veteran project, not only in southeastern Wisconsin, but across the country. We wanted to start with our post first, our squadron."

- Steve B. Brooks

" ... a man of action, adventure and faith. Every night, even at 101 years old, he knelt - with a struggle - by his bed to pray."

Denise Williams, on the legacy of her father, Col. Gail Halvorsen, the "Berlin Candy Bomber," who died Feb. 16. An Air Force cargo pilot, Halvorsen became a hero to Germans for dropping treats for children during the Berlin Airlift in 1948 and 1949, in what became known as "Operation Little Vittles." He was an honorary life member of American Legion Rhein Main Post GR05 in Mörfelden-Walldorf, Germany.



2,089 Scouting units chartered by the American Legion Family across the nation - 2,048 by posts, 28 by SAL squadrons and 13 by Auxiliary units



A commitment to America's **CHILDREN & YOUTH**

The American Legion Family celebrates Children & Youth Month in April, with American Legion posts, Sons of The American Legion squadrons and American Legion Auxiliary units conducting special programs and events. However, their service to the nation's youth is year-round and takes many different forms, from financial assistance to education to sports. According to the organization's most recent Consolidated Post Report, the Legion Family kept up its strong support for children and youth throughout 2021, despite limitations due to ongoing COVID-19 safety precautions.

Share how your post, squadron or unit is supporting Children & Youth Month at legiontown.org.



American Legion departments with established American Legion Youth Cadet Law Enforcement programs



\$482,622 Amount awarded in academic scholarships from the national level, to 63 students

909 American Legion posts that participated in annual American Education Week, an increase of 242 from the previous year



2,377 Students receiving American Legion School Award Medals

6,826 Participants at 31 American **Legion Boys** State programs

\$639,328 Amount in American Legion Child

Welfare Foundation grants awarded to 14 nonprofit organizations that contribute to the physical, mental, emotional and spiritual needs of children and youth



50,575 Youth who played American Legion Baseball, representing 2,975 teams and 49 American Legion departments

808 American Legion posts that conducted child health and safety activities, an increase of 225 from the previous year

1,709 American Legion posts that conducted Halloween safety activities, an increase of 315 from the previous year



88 Shooting clubs that entered the 2020-2021 postal round competition of the American Legion Junior Shooting Sports National Tournament

48 American Legion department oratorical winners certified of the 53 departments normally competing

How the Pentagon helped make 'Top Gun' sequel

"Top Gun: Maverick" - Paramount's long-awaited, long-delayed and muchanticipated sequel to the 1986 blockbuster "Top Gun" - will hit theaters in May. The War Zone recently revealed the depth and breadth of support filmmakers received from the Pentagon in producing the movie.

In response to a Freedom of Information Act (FOIA) request to the Office of the Secretary of Defense, *The War Zone* received 84 pages of documentation detailing the military's assistance to the movie project, dubbed "Island Plaza" during production.

Filming was conducted on location at
Naval Base Coronado, Naval Air Station
Fallon, Naval Air Station Lemoore, Naval
Air Facility El Centro, Naval Air Weapons Station
China Lake and Naval Air Station Whidbey Island,
The War Zone reports. Fallon is home to the Navy's
real-life Top Gun program.

In addition, aircraft carriers USS Abraham Lincoln and USS Theodore Roosevelt were made available, with some filming even occurring inside Roosevelt's Combat Direction Center.

The FOIA documents note that between four and 12 F/A-18 variants could be used, "dependent on availability of aircraft." The Navy also allowed the use and repainting of a mothballed F-14 Tomcat from the National Naval Aviation Museum.

\$357 million

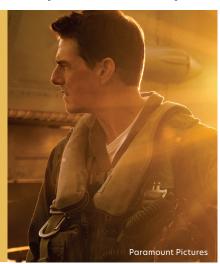
Worldwide box office of "Top Gun," against a \$15 million budget

\$152 million

Cost to produce "Top Gun: Maverick"

5

Delays in the film's release, due to the pandemic and scheduling conflicts



The F-14 is a now-retired airframe, but it played a central role in the original film. All costs related to transporting, painting and maintenance were the production company's sole expense, the contractual agreement stated.

The agreement included an important codicil to protect national security. A section dealing with footage of F-35s and F/A-18E/Fs aboard *Abraham Lincoln* stipulated that the F-35 Joint Program Office have an on-site program manager to conduct security review of all F-35 footage onboard, with any footage deemed classified or sensitive to be deleted or turned over to the Navy prior to debarking the ship.

Army develops universal coronavirus vaccine



The Walter Reed Army Institute of Research has developed a vaccine that is effective against all variants of COVID-19, Defense One reports. This so-called pan-coronavirus vaccine, known as the spike ferritin nanoparticle COVID-19 vaccine (SpFN), has completed Phase 1 human trials with positive results, according to CNBC.

"The vaccines from Moderna, Pfizer and Johnson & Johnson all target the specific virus that causes COVID-19," CNBC explains. "But Army scientists designed their vaccine to protect against future strains of COVID as well as other coronaviruses." According to White House medical adviser Anthony Fauci, such a vaccine "would mean that the initial vaccination would cover all of these little variants."

The Army's achievement is the result of a twoyear effort unlocking the DNA sequencing and vulnerabilities of the COVID-19 virus.

The Invention of the Year

The world's lightest and most portable mobility device

Once in a lifetime, a product comes along that truly moves people. Introducing the future of battery-powered personal

transportation ... The Zinger.

Throughout the ages, there have been many important advances in mobility. Canes, walkers, rollators, and scooters were created to help people with mobility issues get around and retain their independence. Lately, however, there haven't been any new improvements to these existing products or developments in this field. Until now. Recently, an innovative design engineer who's developed one of the world's most popular products created a completely new breakthrough . . . a personal electric vehicle. It's called the **Zinger**, and there is nothing out there guite like it.

"What my wife especially loves is it gives her back feelings of safety and independence which has given a real boost to her confidence and happiness! Thank You!" -Kent C., California

The first thing you'll notice about the **Zinger** is its unique look. It doesn't look like a scooter. Its sleek, lightweight yet durable frame is made with aircraft grade aluminum. It weighs only 47.2 lbs but can handle a passenger that's up to 275 lbs! It features one-touch folding and unfolding - when folded





ZINGER

it can be wheeled

The Zinger folds to a mere 10 inches.

around like a suitcase and fits easily into a backseat or trunk. Then, there are the steering levers. They enable the **Zinger** to move forward, backward, turn on a dime and even pull right up to a table or desk. With its compact yet powerful motor it can go up to 6 miles an hour and its rechargeable battery can go up to 8 miles on a single charge. With its low center of gravity and inflatable tires it can handle rugged terrain and is virtually tip-proof. Think about it, you can take your **Zinger** almost anywhere, so you don't have to let mobility issues rule your life.

Why take our word for it. You can try the **Zinger** out for yourself with our exclusive home trial. Call now, and find out how you can try out a **Zinger** of your very own.

Zinger Chair®

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Enter TALMA's annual media contest

The deadline for the third annual contest for The American Legion Media Alliance (TALMA) is April 15.

Categories include websites, publications, visual media, social media, editorial and public relations. All entries must have been published in the 2021 calendar year. Go to **legion.org/talma/contest** to review contest rules and submit entries.

The TALMA task force will select category winners and submit its selections to the Legion's National Media & Communications Commission for final approval during the NEC's Spring Meetings in May.

The contest is free to all members of TALMA. Membership in TALMA is open to all current members of the American Legion Family. It is intended for those producing media at the post, district and/or department levels, including but not limited to public relations, website, social media and newsletters. Benefits include the annual contest, training by subject matter experts, resources for promoting Legion programs and more. The membership fee is \$15 annually. Join now at legion.org/talma.

6 States where an American Legion-supported pilot risk-assessment model was tested over the past two years to achieve an efficient, effective method to prevent colleges and institutions from exploiting GI Bill-using students and taxpayers. Congress has mandated such risk assessments starting in October, and EducationCounsel, the National Association of State Approving Agencies and the Legion worked together to develop and test the model.

"You can't smell blackjack on somebody's breath."

Marc Lefkowitz, certified gambling counselor, on the secrecy and shame that comes with gambling addiction. He predicts an increase in problem gamblers, with sports gambling now legal in 33 states and the District of Columbia. "It's one thing to tell somebody you can't stop

drinking. They can understand that. But people are afraid to tell somebody that they can't handle their money."

Source: The Washington Times



Where to camp, RV in Milwaukee



Attendees of the 103rd American Legion National Convention in Milwaukee Aug. 26-Sept. 1 have options to camp or park RVs near the city.

Wisconsin State Fair Park, West Allis, Wis. (6 miles from Wisconsin Center) wistatefair.com, (414) 266-7035, rvpark@ wistatefair.com

Book through Reserve America: **(866) 876-6731, bookingonline@reserveamerica.com**The park has 70 full hook-up sites, 20, 30 or 50 amps.

Jellystone Park Caledonia, Caledonia, Wis. (18 miles from Wisconsin Center) jellystone-caledonia.com, (262) 835-2565, reservations@jellystone-caledonia.com

SCOOTER RENTALS AVAILABLE

Those with mobility needs may contact On the Go Mobility to arrange for transportation around the convention. Call (414) 228-7100 or email kelli@onthegomobility.com.

Price per week is \$175 for rental, \$100 dropoff/pickup

delivery fee to hotel. Advance reservations are required.

See the latest convention news and resources at **legion.org/convention**.



Weird Herb Shocks Doctors With Relief of Leg and Feet Pain, Burning, Tingling, Numbness

6 clinical studies show it is effective. Lost but now re-discovered. Thousands of new users report amazing relief from leg and feet problems in just 30 to 90 days – with no side effects. Available in all 50 states without a prescription.

A re-discovery from the 1600s is causing a frenzy within the medical system. A weird herb has been shown in six clinical studies (and by thousands of users) to be very effective for leg and feet pain, burning and numbness – with no side effects – at low cost – and with no doctor visit or prescription needed.

This weird herb comes from a 12-foot tall tree that grows in Greece and other countries in Europe. In the old days, people noticed that when their horses who had leg and feet problems ate this herb—it was almost like magic how quickly their problems got much better. They called it the "horse herb". Then somehow with Europe's ongoing wars, this herbal secret got lost in time.

"It works for people who've tried many other treatments before with little or no success. Other doctors and I are shocked at how effective it is. It has created a lot of excitement" says Dr. Ryan Shelton, N.D.

Its active ingredient has been put into pill form and improved. It is being offered in the United States under the brand name Neuroflo.

WHY ALL THIS EXCITEMENT?

Researchers have found an herb originally from Greece that has been shown in six placebo-controlled medical studies (543 participants) to be effective and safe. This natural compound strengthens blood vessel walls and reduces swelling to stop the pain and suffering.

Poor blood flow in the legs and feet is one of the common problems that develops as we age. Millions of Americans suffer from neuropathy and chronic venous insufficiency (CVI), edema, and other leg/feet problems – millions have these but are undiagnosed.

Today's treatments don't work for a high percentage of people – and they have side effects that make them hard to tolerate or that people do not want to risk. This includes prescription drugs, over the counter pain pills, surgery and compression.

Already popular in Europe, this natural herb (horse chestnut seed extract) is taking America by storm since it was announced last week.

HOW IT WORKS

Here's why you have pain now: Your arteries have weakened. Your arteries can't carry enough blood, nutrients and oxygen down to your legs and feet. This damages your nerves and causes your burning, tingling and numbness

The herbs in the pill Neuroflo strengthen your arteries that carry blood, nutrients and oxygen to your feet and legs. It improves your circulation so oxygenated blood goes to the nerves and repairs them. This makes your nerves grow stronger so your pain fades away and your legs and feet feel much younger again.

Until now, scientists could not combine these herbs into one pill without losing their full potency, but finally, they have succeeded.

Katerina King from Murrieta, California says, "I had hands and feet tingling and snapping and burning feeling. It made my life very uncomfortable. I had a hard time walking, my legs felt like they each weighed 50 pounds. Once I got in my car and my feet felt so heavy I couldn't even drive the car. With Neuroflo I have no more tingling, cold or burning painful legs and feet. It went away."

WHAT DOCTORS ARE SAYING

"Now I finally have a natural solution I can recommend to my patients who suffer from leg and feet problems and pain. I'm delighted because previous treatments were not effective, but Neuroflo has worked for every one of my patients with no side effects" says Dr. Eric Wood, N.D.

Dr. Ryan Shelton, N.D. says "This is new and different. It works for people who've tried many other things before. It is natural with no side effects. Don't give



up hope for your leg and feet pain, burning, tingling and numbing. This pill is working for countless people after other treatments have failed them. I highly recommend it."



RE-DISCOVERED LEG AND FEET PROBLEM SOLUTION: In Greece in the 1600s, this herb was originally called "horse herb" because it was fed to horses with ailing legs. It has now been re-discovered and is giving soothing comfort to Americans who have leg and feet pain, burning, tingling and numbness.

"Neuroflo is a terrific choice for people with leg and feet issues. The clinical trials in support of this herb show it is very effective for safe and fast relief," said Dr. Wood, a Harvard trained doctor who has appeared on award winning TV shows.

Now you can get a good night's sleep - peaceful, restful sleep - with no pain, tingling, zinging, itching or zapping. Improve your balance and coordination. No side effects - safe to take with other medications. Enjoy your favorite activities and hobbies again. Be more active, have more fun, enjoy life more. Don't risk damage to your feet and hands. Don't let it get dangerously worse.

Neuroflo is GUARANTEED to work for you – or you will get full refund with a 90-day unconditional money-back guarantee. It is NOT sold in stores. No prescription or doctor visit is required.

UP TO 50% OFF FOR THE NEXT 10 DAYS

This is the official release of Neuroflo in the state. Therefore, everyone who calls within the next 10 days will receive up to 50% OFF their first order. A toll-free hotline number has been set up for local readers to call for up to 50% OFF savings. The number will be open starting at 7:00 am today and only for the next 10 days.

All you have to do is CALL TOLL-FREE **1-800-673-8204** and provide the operator with the special discount approval code: **NEF158**.

Important: Due to Neuroflo's popularity and recent media exposure on ABC, CBS and FOX NEWS, phone lines are often busy. If you call and do not get through immediately, please be patient and call back. Those who miss the 10 day deadline for up to 50% OFF will have to pay more for Neuroflo.

THE JOB FRONT BY WENDY S. ENELOW

Personalize, perfect your interviewing style

Interviewing for a new position can be challenging. Just as with the entire job-search process, too many candidates find themselves overwhelmed and frustrated. However, there are many interviewing strategies to deploy that will immediately distinguish you as a prime candidate. This information is relevant for in-person, virtual and any other interview situation you may encounter.

Be laser-focused on company needs. Identify the company's most critical needs (often in the job posting) for the targeted position, and immediately highlight your qualifications and achievements that relate directly to those needs. Strong interviewing is not just about showcasing your talents, but your competency in how you do so to meet a company's needs.

Be prepared to answer tough questions. Know how you will answer difficult questions in advance, and be prepared when someone asks why you were fired, why your contract was not renewed, why you've been in the job market for two years ... the list of questions is specific to you. Know your answers and practice them repeatedly so you interview with precision.

Use storytelling to demonstrate your portfolio of hard and soft skills. Storytelling is one of the most powerful ways of communicating information in a manner that is easy to understand and recall. When asked a question, rather than "stating the facts," tell a story to demonstrate your capabilities in action: what you did, how you did it, and which hard and soft skills were essential to your success.

Ask questions. Recruiters and hiring managers expect it. This is an excellent way to let your interviewer know that you are interested in the company and position and have done preliminary research to ask knowledgeable questions. Leave them thinking, "That candidate was impressive, met all the qualifications and has already engaged in what we do."

Don't mention compensation. Salary will come up at some point in each company's interviewing process. Don't make it the No. 1 concern. Rather, tell the company who you are, what you can do and why you're the best candidate.

Close the interview with power and brevity. Summarize the top two to three reasons you are a well-qualified candidate, pinpoint qualifications and experiences most other candidates will not have, or share a relatable story to strengthen the bond with your interviewer.

Wendy Enelow is author of "Expert Résumé & LinkedIn Profiles for Managers & Executives" and other titles. wendy@wendyenelow.com



"We did some simple forward flight, and some pedal turns, and then landed."

Stuart Young, manager for DARPA's Aircrew Labor In-Cockpit Automation System (ALIAS) program, which flew a UH-60 Black Hawk helicopter without a single human on board Feb. 5 out of Fort Campbell, Ky. Autonomous flight technology can help aircraft avoid flying into terrain or a structure, reduce costs and allow crew to focus on the overall mission, Young added. "If you can remove some of the lower-level functions, we can allow the pilots to be unburdened." Source: Popular Science

DIRECTV partners with American Legion

DIRECTV Entertainment is now a partner of The **American** Legion, with posts saving up



to 20% on select business viewing packages.

- 15% off retail pricing Business Select Pack (over 95 channels)
- 20% off retail pricing Business Entertainment Pack (over 100 channels)
- 20% off retail pricing Business XTRA Pack (over 155 channels)
- 25% off retail pricing Music Choice Premium (over 80 music channels) Learn more at cssdtv.com/ american-legion.

MY GI BILL VETERANS & EDUCATION

BY VALERIE HEFFNER

Use up remaining MGIB benefits

C: I attended a community college using my Montgomery GI Bill (MGIB), Chapter 30. I completed an associate of applied science degree in marketing and want to continue my education.

According to letters from VA, I have four months and 12 days of Chapter 30 remaining.

Should I use up my MGIB before applying for the Post-9/11 GI Bill, or can I do it now and still receive up to 12 months of Post-9/11 benefits?

A: Use up your Chapter 30 months before applying for Chapter 33 benefits. If you apply now, VA would award only four months and 12 days of Chapter 33. Once you have used all your Chapter 30 benefits, apply for Chapter 33 to receive 12 months of Post-9/11 GI Bill benefits.

Valerie Heffner is a Marine Corps veteran and member of American Legion Post 27 in Apache Junction, Ariz. askvalerie@legion.org

Rising threats against members of Congress

9,000 threats in 2021

8,613 threats in 2020

6,955 threats in 2019

5,206 threats in 2018

3,939 threats in 2017

Sources: The Wall Street Journal, Capitol Police

IF YOU'RE A VETERAN WEARING ADULT DIAPERS TO CONTROL URINARY INCONTINENCE, YOU ARE NOT ALONE

I can keep doing what I want to do, without having to worry about running to the bathroom or changing my clothes.

It's a Godsend.

- John, Men's Liberty user







Did you know that over 18%¹ or almost twice as many men with military service experience urinary incontinence?

If you're a veteran looking for urinary incontinence solutions for daily leaks or as a result of an injury while serving our country, Men's Liberty $^{\text{\tiny M}}$ can help you get out of absorbent products, condom catheters or pads and start living your life without letting incontinence get in your way.

	MEN'S LIBERTY	ADULT DIAPERS
Keeps you dry 24/7?	YES Can be worn comfortably, cleanly and securely for up to 24 hours	NO Must be changed regularly when they fill up or overflow — often every few hours
Directs urine away from the skin?	YES Completely external design collects fluid into a discreet pouch — leak-free	NO Traps moisture which stays in contact with skin causing discomfort or infection
Reduces the risk of infections?	YES More than 5 million Men's Liberty units have been sold, with reduced risk of infections or skin injuries	NO High incidence of diaper rash, sores, yeast infections and dermatitis
Invisible under clothing?	YES Men's Liberty is unnoticeable — only you know it's there	NO Awkward diapers can be ill-fitting, bulky and uncomfortable
Little to no out- of-pocket cost?	YES Covered by Medicare, most Medicaid plans, many private insurance plans, workers compensation and VA/Tricare	NO Adult diapers are not covered by Medicare, costing users up to \$300 a month

Live your life on your own terms — not in diapers! FREE INFORMATION. FREE BONUS OFFER.

Find out how to receive Men's Liberty at little or no cost to you.
Plus receive a FREE Bonus week's supply with your order*.



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*30 days supply or more. Standard co-pays and deductibles apply

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1/Vaughan CP, Johnson TM 2nd, Goode PS, Redden DT, Burgio KL, Markland AD. Militrary exposure and urinary incontinence among American men. J Urol. 2014 Jan;
17,0067 A. 17,1011-17,1011-18, 1011-18, 1011-19, 10



Online exhibit explores American Legion HQ history

A new online exhibit from the Emil A. Blackmore Museum offers viewers an opportunity to explore the buildings American Legion National Headquarters has occupied over the past century, and highlights the work of its staff.

The exhibit includes newly digitized historic photos, artifacts and audio recordings from every phase of the past century, from the Legion's temporary offices in New York City to the memorial buildings in Indianapolis and Washington, D.C. Viewers will also be introduced to the staff who have kept National Headquarters running through the decades, and learn how their work has assisted the organization's growth.

Browse the new exhibit and others at legionmuseum. omeka.net.

Highlights of 2022 defense bill

The 2022 National Defense Authorization Act (NDAA) signed into law by President Biden comes with a \$768.2 billion price tag. As AP reports, the DoD spending bill amounts to a 5% increase in overall military spending. The 2022 NDAA represents \$25 billion more than the White House requested.

Among the NDAA's highlights:

- A 2.7% pay raise for servicemembers
- \$7.1 billion in new spending for the Pacific Deterrence Initiative
- \$4 billion for the European Defense Initiative
- · A statement of congressional support for the defense of Taiwan
- \$300 million for the Ukraine Security Assistance Initiative

World's top 10 websites, by visitors

- 1. TikTok
- 2. Google
- 3. Facebook
- 4. Microsoft
- 5. Apple
- 6. Amazon
- 7. Netflix
- 8. YouTube
- 9. Twitter 10. WhatsApp

Sources: Cloudflare, The Hill



FedEx to add anti-missile lasers to air fleet

FedEx is seeking FAA approval to equip its cargo planes with laser systems to defend against heatseeking missiles, CNN reports.

According to the FAA, the FedEx missile-defense system "directs infrared laser energy toward an incoming missile, in an effort to interrupt the missile's tracking of the aircraft's heat."

The threat to civilian cargo planes is real and increasing. The FAA notes that in recent years, "in several incidents abroad, civilian aircraft were fired upon by man-portable air defense systems." A DHL Airbus A330, for instance, was hit by a ground-



based missile after taking off from Baghdad. Such events have "led several companies to design and adapt systems like a laser-based missile-defense system for installation on civilian aircraft, to protect those aircraft against heat-seeking missiles."

FOCUS ON FINANCES BY J.J. MONTANARO

The three A's of saving

A few years ago, I wrote a column titled "Three A's Toward Debt Elimination." It was resolution time, when people are typically focused on losing weight or knocking out debt. The approach was simple: assess what you've got, avoid piling on more and attack what you have.

While browsing the advice pages on **usaa.com** the other day, I noticed a video highlighting "the three A's of saving." Someone had hijacked my triple-A concept, but I loved it. Turnabout is fair play, so taking a cue from that video, here's how to use three different A's to up your savings game:

Attach Saving is typically not an end in and of itself. Most of the time we're saving for something. It could be some item, an experience or the peace of mind it brings. In each case, that "why" helps create the discipline, energy and excitement required to save and keep on saving. So attach your specific saving to something that motivates you. At my house, we use multiple savings accounts to save for various short-term goals. The extra step of "nicknaming" each account to attach the effort

to something that's important to us has been effective. Synch your savings with your goals.

Automate Payroll deductions, automatic transfers or allotments all eliminate a large roadblock to your savings journey: the requirement for you to take positive action. Set yourself up by making your savings automatic. Then you'll be forced to take action to undo your positive savings moves.

Accelerate Yes, gain speed in your savings over time. Here, that simply means saving more. Pay raises, promotions or windfalls like a tax return afford you those opportunities. Celebrate that next debt you pay off and redirect the extra cash to save more. At USAA, we target 15% as a starting point for saving, but that may not be feasible. Whatever you can do to get your foot in the "savings door" helps. Once you do get started, search for chances to accelerate things over time.

J.J. Montanaro is a certified financial planner with USAA, The American Legion's preferred provider of financial services. **legion.org/usaa**



How to submit a reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to *The American Legion Magazine, Attn:* Reunions, P.O. Box 1055, Indianapolis, IN 46206, e-mail reunions@legion.org or submit information online at legion.org/reunions.

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listinas are free.

Notices will remain online until the final day of the reunion. Upon submission, allow three months for your reunion to be published in print. Due to the large number of reunions The American Legion Magazine will publish a group's listing twice a year.

Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim. Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, phone number and e-mail address. Send notices to *The American Legion Magazine*, Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206 or e-mail reunions@legion.org.

The magazine will not publish names of individuals, only the name of the unit. Listings are free.

Life Membership notices are published for Legionnaires who have been awarded life memberships by their posts. This does not include a member's own Paid-Up-For-Life membership.

Notices must be submitted on official forms, which may be obtained by sending a selfaddressed stamped envelope to The American Legion Magazine, Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206.

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation Division. If you are seeking to verify an injury received during service, contact your American Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing,

send a letter to The American Legion Magazine, Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206. Include the listing's CID number in your response.
"Taps" notices are published only for

Legionnaires who served as department commanders or national officers.

AIR FORCE / ARMY AIR FORCES

6th Mil Airlift Sqdn, Nashville, TN, 6/1-4, Joseph Alfano. (703) 447-8752. delta77usafa@vahoo com; **316th TAW (1965-1975),** Dayton, OH, 8/22-27, Tim Egan, (570) 452-9177, tjegan@aol. com; 463rd Airlifters Assn (1965-1975), Dayton, OH, 8/22-27, Jerry Haines, (937) 325-9306, gerald_haines@yahoo.com; 601st Tact Cntl Assn, Tucson, AZ, 6/14-18, Paul Mussolino, (937) 838-0812, mussolino@earthlink.net; C-123s in SE Asia, Wright-Patterson AFB, Dayton, OH, 4/25-29, Sue Rice, (417) 872-9750, srice1591@gmail.com

ARMY

3/325 Abn (Vicenza, Italy), Morehead, KY, 6/2-5, Joey King, jbkranger@aol.com; 4th Bn 39th Inf Rgt 9th Inf Div & All Support Personnel (1966-1969), Springfield, MO, 9/22-24, Richard Siedsma, (417) 932-5479, rcsiedsma1@gmail.com; 14th FA Rgt (All Bns), Branson, MO, 4/21-24, Charles Rex Weaver, (254) 702-6860, rexw6@earthlink. net; 19th Cbt Eng Bn Vietnam Assn & Attached Units, St. Robert, MO, 9/8-10, Harry Ewald, harry. ewald@verizon.net; 31st Inf Rgt, Columbus, GA, 9/15-18, Charlie Tapp, (864) 680-9165, ctapp94@ gmail.com; 35th/538th Land Clearing Co, Readfield, WI, 8/25-28, Kenneth Stuczynski, (920) 747-0637, kenneth287@centurytel.net; 56th Trans Co (ADS), San Antonio, 4/28-5/1, Joseph Perchetti, (609) 440-1397, jperchetti@aol.com; 95th Evac Hosp (Da Nang, Vietnam), Plymouth, MA, 6/2-5, Terry Caskey, (828) 455-8278, seacruise@charter.net; 101st Abn Div, Grand Rapids, MI, 8/3-6, Randal Underhill, (931) 431-0199, 101exec@screamingeagle.org; 187th Rgt, 101st Abn Div (Hamburger Hill), All Rakkasans, Fort Campbell, KY, 5/16-20, Tom Martin, (856) 332-7030, tomsmail96@yahoo.com; All Korea Vets, Pigeon Forge, TN, 8/5-7, Chris Murphy, (828) 539-0714, koreaveterans@gmail.com; Army Counter Intelligence Corps, Herndon, VA, 5/5-7, Rich Washburn, steamer4321@yahoo.com

COAST GUARD

All Coast Guard, Coeur D'Alene, ID, 10/7-9, Darlene Amundson, (208) 292-4840, busypartyplanner@gmail.com

JOINT

Nat'l Counter Intelligence Corps Assn, Charlottesville, VA, 4/28-5/1, Philip Madell, pmadellesq@icloud.com

MARINES

5th Mar Div Assn, San Diego, 5/11-15, Kathy Tinsley, (619) 770-0257, finally@cox net: Fox 2/7 (Vietnam), San Antonio, 7/10-14, Tom Ciccariella, (302) 547-8316, fox2seven@gmail.com; Rose Garden Marines (Nam Phong, Thailand, 1972-1973), Arlington, VA, 5/19-23, Harold Delamater, (845) 337-6509, hgd1025@aol.com

NAVY

Airborne Early Warning Sqdn 1 (VW-1), Branson, MO, 5/23-27, Ralph Link, (309) 828-3244, linksterr@comcast.net; Ajax AR 6, Cleveland, 6/5-9, Kathy Dewey, (619) 218-0700, kdewey@ kdlaw.com; **Algol AKA 54,** Cape Girardeau, MO, 9/14-17, Mearlin Allen, (573) 334-5827, mallen1065@yahoo.com; America, Warwick, RI. 9/20-24. Tom Tramantano. (718) 863-8331. tomato46@aol.com; Bang SS 385, Arlington, VA, 9/19-23, Eric Ericson, (978) 491-0114, eric735244@ aol.com; Boxer CV/CVF/CVA 21, LPH 4 & LHD 4, Pittsburgh, 8/24-28, Ken Wyant, (610) 253-5347, kgwmrr@aol.com; Brinkley Bass DD 887, San Antonio, 7/27-8/1, Tom Camp, (901) 481-0583, presidentussbrinkleybassdd887@gmail.com; Corry DD/DDR 817, Nashville, TN, 9/29-10/1, Bill Shugars, (410) 360-2186, shugars@verizon.net; Destroyer Leader Assn - DL 1, DL 2/DDG 35, DL 3/DDG 36, DL 4, DL 5, New Orleans, 9/19-25, Mike Bugara, (401) 635-8860, mjbugara@hotmail.com; Donner LSD 20, Grand Rapids, MI, 8/1-4, Dennis Heimbach, (610) 775-7539, dennisheimb@gmail. com; Ernest G. Small DD/DDR 838, Summerville, SC, 9/29-10/2, Judi Winchester-Pearson, (501) 944-4472, judi_pearson@msn.com; Floyd B. Parks DD 884, Houston, 9/25-29, Jim Smith, (218) 766-2475, jwsmith@paulbunyan.net; Grand Canyon AD/AR 28, Chattanooga, TN, 9/12-15, Ken Morales, (618) 488-6475, k_morales1949@ yahoo.com; Harwood DD 861, Mobile, AL, 9/22-25, Tony Accatatta, (941) 792-6072, tonyacc@ yahoo.com; John S. McCain DL 3/DDG 36, New Orleans, 9/19-25, Peter Peterson, (321) 952-2066, retep401@gmail.com; Klondike AD/AR 22, San Diego, 9/9-12, Dennis L. Case, (309) 299-0275, dennislcase@gmail.com; Lexington CV 16, Gettysburg, PA, 9/26-30, Bob DiMonte, (850) 492-3483, bobdimo@cox.net; Mariner/Marlin Assn, Nashville, TN, 4/25-30, Robert Tibbetts, (859) 223-7871, bobt42@twc.com; **MCB 11 Seabees** Assn, San Antonio, 5/5-9, Larry Hagler, (512) 796-2834, mcb11@earthlink.net; Mitscher DL 2/ DDG 35, New Orleans, 9/19-25, Gary Marchido, (231) 206-1665, garymarchido@aol.com;

Montrose APA 212, Montrose, CO, 6/23-27, Bob Hahn, (941) 575-9597, roberthahn45@comcast. net; Noa DD 343/841, Jacksonville, FL, 4/26-5/1, Robert Barrie, (727) 289-6534; Norfolk DL 1, New Orleans, 9/19-25, Bob Godas, (516) 592-1834, robertgodas190@gmail.com; Norris DD/DDE 859, Charleston, SC, 9/19-23, Edward Mehl, (302) 212-6651, e.mehl@mchsi.com; Okanogan APA **220,** Nashville, TN, 9/22-26, Garry Mulick, (616) 902-3888; Point Defiance LSD 31, Salt Lake City, 9/21-24, Mike Doto, (406) 491-9308, mdoto@ bridgemail.com; Radford DD/DDE 446, Grand Rapids, MI, 6/8-12, Charles Parsons, (304) 927-0094, ussradford@gmail.com; Richard E. Kraus DD/DDE 849, Houston, 9/25-29, Bob Simon, (843) 734-1041, simondd849@yahoo.com; Salisbury Sound AV 13, Branson, MO, 10/11-15, Victor Fischer, (630) 257-2710, duffer664@sbcglobal. net; Stickell DD 888, Newport, RI, 10/10-13, John Welch, (301) 980-0561, johnfwelch44@gmail. com; Stoddard DD 566, Jacksonville, FL, 9/14-18, Bill Melyan, (941) 626-1593, keystonewillie@ verizon.net; Thomas C. Hart DE/FF 1092, Washington, 6/22-26, Dave Neimeyer, (484) 378-2725, dave@neimeyer.org; Tunny SSN 282 & 682, New Orleans, 10/16-20, Steve White, (704) 600-7716, tunny.reunion.2022@outlook. com; Valcour AVP 55/AGF 1, Branson, MO, 10/3-7, Bob O'Brien, (516) 326-7587, bobbyjay46@gmail. com; Valley Forge, Valley Forge, PA, 5/11-15, Ken Schroyer, (410) 206-902, kenschroyer7@gmail. com; VW-1 All Hands Alumni Assn, Branson, MO, 5/23-27, Ralph Link, (309) 828-3244, linksterr@ comcast.net; Washtenaw County LST 1166, Norfolk, VA, 9/26-30, David Vicknair, (504) 234 1116, david@davidjvicknair.com; Wilkinson DL 5, New Orleans, 9/19-25, John Lair, (619) 479-7387, hobocamp@aol.com; Willis A. Lee DL 4, New Orleans, 9/19-25, Frank Graham, (718) 934-6410, frankdl4@optonline.net

IN SEARCH OF

213th Assault Support Heli Co "Black Cat" (1967-1972), Mike Brown, bcat213@aol.com, 213thashc.com

.EGION SHOPPER





Cargo Handling Bns, Cargo Handling Force & ELSF, Michael Gorton, (718) 386-8017, mgorton625@gmail.com

TAPS

Gerald E. Lakey, Dept. of Oklahoma. Nat'l Const. & By-Laws Cmte. Memb. 2011-2022.

Bronislaw R. Mogenis, Dept. of District of Columbia. Dept. Cmdr. 2010-2011, Nat'l Exec. Cmte. Alt. Memb. 2014-2016, Nat'l Exec. Cmte. Memb. 2016-2018, Nat'l Legis. Cmsn. Memb. 2001-2016 and Nat'l Veterans Employment & Education Cmsn. Liaison Cmte. Memb. 2016-2018.

Robert Redyk, Dept. of Maryland. Dept. Cmdr. 1988-1989, Nat'l Americanism Cncl. Memb. 1988-2014, and Nat'l Foreign Relations Cncl. Vice Chmn. 1984-1985 and 1987-1992.

Wayne B. Richey, Dept. of South Carolina. Dept. Cmdr. 1989-1990, Nat'l Vice Cmdr. 2004-2005, Nat'l Mbrshp. & Post Activ. Cmte. Memb. 1985-1989, Nat'l Mbrshp. & Post Activ. Cmte. Vice Chmn. 1989-2004 and Nat'l Veterans Employment & Education Cmsn. Memb. 2005-2017.

John B. Sampson, Dept. of New York. Dept. Cmdr. 2016-2017, Nat'l Americanism Cncl. Vice Chmn. 2004-2013, Nat'l Veterans Education, Other Benefits & Homelessness Cmte. Chmn. 2013-2018 and Nat'l Veterans Education, Other Benefits & Homelessness Cmte. Memb. 2018.

Rodney E. Strong, Dept. of Indiana. Dept. Cmdr. 2018-2019 and Nat'l Aerospace Cmte. Memb. 2009-2022.

Clinton E. Thompson, Dept. of North Carolina. Dept. Cmdr. 1996-1997, Nat'l Vice Cmdr. 2003-2004, Nat'l Foreign Relations Cncl. Vice Chmn. 1989-2003 and 2004-2013, and Nat'l Unconventional Forces & Intelligence Cmte. Nat'l Cmdr.'s Rep. 2013-2018.





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AT A CAMPAIGN STOP, a voter told a candidate, "I wouldn't vote for you if you were St. Peter himself."

"If I was St. Peter," the politician replied, "you wouldn't be in my district."

I THREW AWAY my can opener. It was more of a can't opener.

A WOMAN calls her mother after an argument with her husband. "We fought again! I'm coming over to stay with you."

To which her mother replies, "No, dear. He'll pay for his mistake. I'm coming to stay with you."

WHAT DID the drummer call his two daughters? Anna one, Anna two ...

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"You don't have to repeat yourself, Doc," the patient said glumly.

"I didn't. That was an echo."

MY WIFE keeps telling me I'm the cheapest person she knows. I'm not buying it.

I ARRIVED early at a restaurant last night.

"Do you mind waiting for a few minutes?" the manager asked.

"Not at all," I replied.

"Good. Take these drinks to table 9."

A CHICKEN frowned at her brood. "If your father could see you now," she declared, "he'd turn over on his rotisserie!"

"YOU EVER get a handwritten letter in the mail? You're like, 'What the hell? Has someone been kidnapped?" - Jim Gaffigan



"OK, did anyone save room for treats?"



"I'm taxing your patience? Hey, that's a great idea!"



"Bob, you're just not selling me on your essential hamburgerness."



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